

THE
COUNTRY
PHYSICIAN;

Containing several easie and useful Remedies, some whereof were never made publick before, with some short Advices tending to Health.

AS ALSO

Several Letters lately written by an Eminent Physician, to the Publisher.

By a well-wisher to the Art of Physick; and the Health of his Country-men.

EDINBURGH,
Printed in the Year, M. DCC. L

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BRITAN
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To all the learned and experienced Physicians of this Nation, that make Conscience of their Profession.

This Manual, Collection, or what you please to call it, is Dedicated by one who has a great respect for your Faculty, as well as a due Esteem for your Personal Merit.

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THE
PREFACE

TO THE
READER!

HEALTH is a great Blessing; and a sound Mind in a sound Body is a great Happiness: for when mens flesh upon them is in pain, it makes their Souls within them to mourn. Health is of the most comfortable importance, next unto the Salvation of the Souls of men, especially when we consider what a multitude of Distempers the mortal Bodies of men are exposed unto. If men did but consider the wondersfull Composure of their Bodies, the Situation of their Parts, the Circulation of the Bloud, the several Meanders of the Veins, Arteries and Nerves,

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Nerves, and the curious distribution of our aliment into Flesh and Blood; they would then admire that every obstruction did not stopp their breath, and that the least inflammation did not send Man out of the World, as in a Fiery Chariot, and that the least degree of Putrefaction did not crumble them in to their first Original: So that instead of wondering they live no more in health, they would think it a kind of Miracle they live one hour at ease. As health without religion is but like a down pillow to a restless head, So riches without health is like meat without a stomach, which the best cook cannot make relishing. And it being plain, beyond contraversie, that health when it brings Letters of Recommendation from Sickness, is a thing very comfortable; It is, I think, the Duty of every good man, to contribute what he can to the preserving and restoring of it, in his Neighbour as well as himself.

It is not to be expected that this little Manual should contain a Remedy for every Disease: I know there are some
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incurable; and many others, whereof the
Cure depends, under G O D, upon the
good methods, and exact management of
skilful and experienced Physicians: but
it's hoped that what is here set down,
may be of good use to those who are re-
mote from better Advice.

The Publisher (tho' he is not by Pro-
fession a Physician) has spent several
Years in the Study of Physick, and Pra-
ctice thereof, more especially amongst the
poorer sort of people, whereby he had
the better Opportunity to try the Virtues
of simple and easie Remedies. And that
he might be somewhat useful in his Ge-
neration, he hath thought fit to cause
Print the following Receipts; some where-
of were never made publick before, and
others of them are collected from good
Authors, not altogether taken upon
Trust, but confirmed by Experiences, and
therefore, if any who has Occasion will
be but so kind to themselves, as to make
a fair Tryal of them, it's hoped they
will not Repent it, for they may do it
with Safety as well as a small Expence.

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It's well known what little Advancement has been made in the knowledge of Physick for many Ages, and this perhaps has been chiefly owing to two things in the management of it: One is; The want of careful and judicious Observations in the Practice of it, both as to the State of the Disease, and the good or bad Success of the method, and Remedies employ'd for the removal of it. It was on this foot, that the Great Hippocrates began; and had every Age trod the same Path, and left their Observations to these that followed them, Physick had been a more plain and high way than we find it at this day. A worthy Physician in Our Days has renewed this method: His Account of the State of the Small Pox through all the Periods of that Disease, is a singular instance of it; And it is to be wished that the most experienced Physicians through Europe may contribute their Endeavours this way for the Advancement of it.

Another great hinderance has been, The so little use of Simples in the Practice

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Etice of Physick, and the compounding
of a great many things together in the
Prescripts of Physicians, by which we re-
main still ignorant of what particulars in
the composition do render it beneficial or
hurtful to the patient, whereas were
there a due and constant care taken to
try and observe the effects of particu-
lar Simples, in the cure of Diseases, and
that by such as sincerely and singly aim at
the good of mankind; we might hope, by
the blessing of God, to see the knowledge
of Physick advance further in one Age,
than it has don in many before.

In my Opinion, Every Plant, Herb,
and Tree is a particular Chymical A-
lembic placed in the great Labaratory,
the Earth, from whence by succes-
sion of well regulated Heat and Cold,
it may extract and digest particular and
essential liquors, endu'd with peculiar ver-
tues, which are to be discovered chiefly
by observation and experience.

There are hereto subjoin'd some ingeni-
ous Letters, written to the Publisher by

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Dr

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Dr. Tylson at Chester, lately Deceased,
a man of great Probity and Sagacity, as
well as Learning and Experience; and
its presumed the best Physicians will
think them worthy of their perusal, be-
cause of the exact Observations which
they contain.

The Publisher is little solicitous what
reception this little Book may meet with,
nor does he value the censure of any, for
if these who have occasion, to make use of
the Remedys proposed, shall contemn
them as mean and simple, they themselves
will be at the greater loss; and the Pu-
blisher satisfies himself with the Usefulness,
as well as the honesty of the design.

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SOME SHORT
ADVISES
TENDING TO

HEALTH.

WHEN you find your self indispos-
ed, be sure to take advice in
time, and to persevere in the
use of the means, till the Distemper be
removed; many Patients follow directi-
ons by halves, and blame the Physician
if their Distempers be not removed in a
trace, which it may be they have been
contracting of a long time. People are
usually Sick too late, and Well too soon,
as the Proverb sayeth; many Patients
flatter themselves unto their Graves,
supposing their Distemper to be no other,
than what they have known many re-
cover from, and they neglect Advice
untill it be too late: O say they it is but
a Cold, it will go off again, it was leav-
ing off a Coat; or putting on a moist
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Shirt, or eating a dish of Meat that did not agree with their Stomach, or drinking a glass of bad Wine, or over-walking, or being a little frightened, or the like. When it may be all the time, the Stomach is in disorder, the Blood inflamed, the Liver obstructed, the Lungs perished, and all these not taken notice of.

Be sure not to perplex your thoughts with melancholy contemplations. A man may muse himself unto his Grave, and *think* himself to Death. To be careful for nothing, but to please our Maker, and to save our Souls, will very much preserve the health of our Bodies: Spiritual pleasure is an excellent remedy against bodily pains, and true piety is the best cure of melancholy in the World. When the mind is kept in an equal, Serene, calm temper, the Body is sensible of the conveniency. If men did sigh for nothing but Sin, and set their affections on him, who best deserves their Love, and make use of the remedy, provided for all the evils of the World *viz.* a contented mind, Their healths would be better secured. Take

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Take care not to overcharge your self
with Surteiting or Drunkeness, which
are not only the causes of many Diseases,
but often times a hinderance to their
Cure; there are more killed this way,
than at the Wars: but though you do
well to be exact in the rules of Tempe-
rance and Sobriety, yet so much ought to
be indulged, as may support and che-
rish nature, and make its burden toler-
able.

It will be very fit to use bodily exer-
cise: such as Walking, Ryding, Boul-
ing, or the like; The running stream is
pure and clean, when standing water
gathers mudd. But on the other hand,
be cautious of violent motions, lest
thereby you extinguish the flame of Na-
tures Candle: By walking too fast you
may make more hast, than good speed,
and leave your health behind you; but
yet moderat exercise, is of great adyan-
rage to warm the Blood and open Ob-
structions. And Ryding much on Horse-
back is an excellent remedy in most
Chroniok Distempers. Let me likewise
advise you, to take care, of that which

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We commonly call taking cold. For
Sometimes Death creeps into the Body
thro' the pores of the Skin: have a care
of taking cold in your Feet, lest you
go wet shod to your Grave; or of leav-
ing off a Coat, lest you put on a
Winding sheet. Many mens Bodies are
like a Weather Glass, subject to the
least alterations of the Air.

It is not fit to sleep too long, nor is it
easy to tell how many hours sleep is ne-
cessary. There being some Constituti-
ons and Habits of Body, which require
more, and others less: Only in general
it will be fit to go soon to bed at night,
it was the saying of an excellent Physic-
ian, of our neighbouring Nation, of my
acquaintance, That one Hours sleep be-
fore twelve at night, was better than two
after it: This is a certain truth and you
may depend upon it.

The drinking of Tea is too much a
custom in our Nation of late: I know no-
thing it has to recommend it, but that its
Ferreigne and dear; But at the same
time I must own, the *Indians* have by it
taught us a good way to extract the ver-
tues

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tues of herbs; and if we could be perswaded to make use of *Guernsey* or *Narrow leaved Sage* after the same manner, it would be found a better Pectoral, and sweetner of the Blood; and water Trefoil would prove an excellent Anti-scurbuticke.

This might be made in any private Family, and Coffe-Houses would be furnished therewith, if they had encouragement.

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as of herds, and it would be per-
to make use of Gwery's or Harrow
served back after the same manner, it
would be found a better method, and
the effect of the blood; the water lie-
it would prove an excellent man-
four-

This might be made in any private
family, and the houses would be fur-
nished therewith, if they had encourage-

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For the Jaundies.

1. **T**Ake an handful of Chickenweed, cut it smal, and infuse the same in a mutchkin of white Wine, let the infusion stand twentie four hours, then poure off the clear liquor, and drink the one half thereof in the morning, and the other half at four in the afternoon: repeat this for three days together.

Another for the same.

2. Take of the Juice of Celandine three spoonfuls, amongst a draught of warm Ale, in the morning, and as much at four in the afternoon: for three days together.

The Country

Another for the same.

3. Take the Herb called Ducks-meat, which growes in Boggs and marishes, and infuse an handful of it in a mutchkin of white Wine: drink the half of it in the morning, and the other half in the afternoon, continue to do so for eight or ten days together.

Another for the same.

4. Take a drop weight of the Pouder of the Roots of Polypodie, in a glass of white Wine, or Ale, in the morning for eight or ten days together.

Another for the same.

5. Take a Drop weight of Spanish Sope, scraped; Boyl it in a mutchkin of milk; sweeten it with half an ounce

of

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Physician.

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Sugar; drink it off in the morning, and as much in the afternoon, for four or five days together.

For Bleeding at the Nose.

6. Take half a mutchkin of Vinegar, and dissolve therein an ounce of Sugar of Lead, (called in Latine. *Saccharum Saturni*) and then take a Linen cloath doubled, and dip it in the cold liquor, and apply it to the Breat, and renew the application as oft as the cloath begins to warm.

Another for the same.

7. Take the Inner rind of the bark of Broom, and dry it unto Powder, and blow a little of it with a Quill into the Nose.

Nota; When the Bleeding can hardly be stopped, by any remedy, if the Pa-
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The Country

tient shall stand amongst warm water up to the knees, the Bleeding will presently stop: and if it shall recurr, the doing the same thing over again has the same effect.

These who are much troubled with Bleeding at the Nose, will do well now and then to eat a Calfs foot, boyled amongst milk, and likewise the milk it self for prevention.

For any kind of Burnings.

8. Take three Ounces of Onions bruised, twelve Drop of black Sope, mix them well together, by beating them in a mortar, and apply them to the place affected.

For an Ulcer in the mouth, called by the commons the Canker.

9. Take half an ounce of the Roots of Mader, Boyle them in a mutchkin
of

Physician.

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of Vinegar, then strain the liquor, and add to it burnt Alom, and Salt, of each four drop weight; boyl it again and scum it, adding to the liquor an ounce of the Honey of Roses, and wash the mouth therewith, spitting out the liquor.

For the Whytes.

10. Take of the juice of Mille-foile one pound, of Sugar half an pound, Clarific the same with the white of an egg; and with a light boyling make it unto a Syrup: let the Patient take two spoonfuls thereof in the morning, amongst a glass of Claret Wine, and as much at night going to bed, for eight or ten days.

For the Sciatick.

11. Take the bark of the Elm-Tree, and make a strong Decoction thereof amongst fountain Water, till the liquor be of the consistence of a Syrup, strain it strong-

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strongly, and add to the strained Liquor, a third part of Aqua-Vitæ; foment the part affected with it warm, before the fire. Continue the use of this till the pain be removed.

For an Apoplexy.

12. When bleeding, and strong frictions, cuppings, &c. have been tried in vain. It has been found that a spunk with Brimstoun lighted, and held to the nose of the Patient has restored him to his breathing.

For the Cholick.

13. Take an drop weight of the Roots of Zeduary in Pouder, and drop two or three drops or Gutts of the oyl of Rosemary, upon a little Sugar in pouder; mix all together in a glass of warm Sack, and let the Patient drink it off.

Another for the same,

14. Infuse two or three ounces of Choise Rheubarb, sliced, in a Chopin of
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Physician

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Cinamon or Anise-Water, a fourtnight or more; then strain it, and keep it for use in a well stont bottle: Of this give three or four spoonfuls at one time, and an hour after repeat the same dose, if it be needful. This is found very effectual, and I recommend it as usefull and fit for every family that can have it. It will keep many Years without spoiling, and should be ready upon occasion.

*For a Cough and stoppage
of the Lungs where there
is no bedtick fever.*

15. Take the Flowre of Fenugreeck Seed half an ounce, Liquorice in Ponder four drop weight, common Molosses three Ounces, Oyl of Anise six Guts or Drops: mix them and take of it frequently when the Cough urges.

For the Rickets.

16. Take the bark of Ash, Tamaris, Ivie, Harts-Horn, Liquorice, of each
four

four drop weight, bottle them up in a Pint bottle of Ale, or white Wine, for a drink to be long followed.

For a Cough where there is no Hectick.

17. Take flowre of Brimstone, Anise- Seeds, Elicampane, Liquorice, all beat into fine Powder, of each a like quantity; Take as much fine Tar, as will be sufficient to make all into a Mass like paste, so as you may form Pills out of that Paste, of an ordinary bigness, whereof three to be taken in the morning, and as many at Bed-time, for two or three weeks together.

For the pains of the Hemorrhoids external or internal.

18. Take an ounce and an half of the Roots of Solomon's Seal (called in La-

Physician.

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Latine *Sigillum Solomonis*) wash them well, & pull away the small Fibres from the Root, then beat the same in a clean Marble or wooden mortar, and powre thereon a large mutchin of new milked milk, let it stand for the space of four or five hours, then strain and squeeze all through a Linen cloath, in a porringer. And when the Patient is warm in Bed, let it be made Blood warm, and then let the Patient drink it off, and keep warm all night. It sometimes occasions a Stool or two next morning; and sometimes perfites the cure without opening the Belly.

Nota; the Roots must be fresh and newly taken out of the Ground.

For the Rickets.

19. Take an ounce of Venice Treacle, a Quarter of an Ounce of Mace, to be made in a Plaister: the Treacle upon a piece of the finest gray Paper, the Mace strawed above it, And then that Plaister to be laid on alom'd leather, and to be applyed to the Breast, and

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tyed about it with a fit bandage, so that it should reach from the Neck to the Sote of the Breast.

Item ; Half an ounce of the oyl of Roses, and as much of the oyle of Capers, both to be mixt together in a glass.

The foresaid Plaister is to be applyed at night, in the Summer time, and is to continue for fourteen days together, both day and night, only it may be looked to, once in the twentiefour hours, and righted if it be ruffled: after a fourt-night it may be taken away, and rolled up, and laid in a secure place for eight days, and during that eight days, when the Plaister is not at the Childs Breast, the several joints of the knees, wrests, and ankles are to be rubbed with the foresaid oyles warm, as also the Ribs must be rubbed down-ward before a fire. The rubbing must only be at night, and after rubbing, the joints are to be wrapped up with several pieces of Flannel, being warmed at the Fire, and tyed about with strings, which Flannel is to continue till the eight dayes be ended, except the time of the rubbing; and after the

Physician.

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the foresaid days are past, the former old Plaister is to be applyed over again, for fourteen days, as formerly: and then the rubbing and Flannel to be applyed to the joints as before: and if the Child be not sensibly the better of all this, the forementioned things must be renewed as formerly. During this time of the fourteen days of application of the Plaister, and the eight days rubbing with the Oyl, the Child is only to wear a Shirt of green Linnen, reaching to the heel, with socks conform; which shirt & socks must be dipped in a melted pound of fresh Butter: after this shirt is kept on for the foresaid twentiedays, it may be taken off, and clean ordinary shirts given the Child, twice a Week. But if there be need to renew the foresaid Plaister and Oyl, the green Shirt dipped amongst Butter must likewise be renewed. During the cure the Child is to get a spoonful or two of hard Sack in the morning, and as much at night, more or less, according to the age and strength of the Child: the Childs diet may be any kind of good Broath: but no Fish, nor

Water or milk Pottage is to be allowed during the cure ; nor must the Child set its foot to the Ground during all that time, the Childs head must be carefully kept warm.

An excellent remedy for the biting of a mad Dog,

20. Take of Rue, Southernwood, narrow leaved Betony, narrow leaved Sage, of each one handful; mix them, and cut them smal, and powre upon them a mutchkin of the best Vinegar, and if time will allow, let the infusion stand for some hours: strain and press out the liquor; adding to it four drop weight of Venice Treacle, and if it be a person come to the age of a man or woman, let them take a large draught of it. Or if it be a Child let it be given by spoonfuls ; you may add to the infusion, if it can be had, an handful of fullers Thistle, or an ounce of the Seed thereof. The wound is to be kept open

pen for nine days, and the foresaid Herbs which were infused, are to be applied to the Wound every morning till the Patient be well, and if need be, the Potion is to be renewed.

I have not had occasion to try this remedy, but it being recommended by a Physician of great reputation, as a certain & infallible cure, I thought fit to insert it.

*For the Epilepsie, or
Falling-Sickness.*

11. Take Couflip or Primrose, their leaves and Flowers, three good handful, cut them small, and infuse them for twentie four hours in a Pint of midlen Ale, let the Patient drink this for ordinary drink, and renew the same for fourteen days together.

Nota ; The best season is the month of April, the Herbs being then in their flower and Vigour: but if there be occasion the leaves may be used at any other time ; only the infusion must be five or six handfuls to a Pint of Ale.

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This remedy, however simple it may appear, has cured many of that distemper, to my surprise; and therefore I do seriously recommend it for the use of the Poor.

Another for the same,

22. Take Mistle of the white Thorn, Peony Koots dryed, and beat into fine Powder, of each one ounce; the best Castor in Powder four drop weight; leaf Gold twentie grains; with a sufficient quantity of the best old Mithridate, Mustard, and oyle of Amber in equal parts, being beaten all together in a Marble mortar. Make this mass into Pills as big as white Peas, take three every morning for three months together.

For the shakings, or trembling of the Hands.

23. Take Carduus Seed made unto Powder, as much as will ly upon an half penny

penny : take it as they use to do Nutmeg amongst a drink of Ale, every morning for six weeks together.

For a Consumption.

24. If it be a Phthisis accompanied with a hectick Fever of a long standing, it seldom admits of a cure ; yet in the beginning, and even in the progress, the following remedies have been found useful.

Take white Rose-water one ounce, white SugarCandie twelve Drop weight; the Yolk of a new laid Egg; new milk warm from the Cow, a quarter of a Mutchkin, being beaten well together; let the Patient drink it all at once, in the morning, fasting two hours there after: continue the use of this daily for a moneth.

Or, take white Wine three mutchkins; Sugar-Candie four ounces; Roots of Elicampane one Ounce; green Colts foot two Ounces; Violet-flowers one Ounce and an half; Roots of Angelica two ounces

ounces, being cut, and bruised very small: boyle them in a Stone Bottle, closs stoped (the Cork tyed down with a piece of strong Linen) for three hours, in a pot of water: and open it not till it be cold, after which strain it, and take three or four spoonfuls in the morning, and at four in the afternoon, and at Bed time; continue the use of this a month.

*For a pain in the breast,
whether with a Cough,
or without it,*

25. Take a sheet of fine broun Paper, such as they ordinarily have for covering of Cambrick or Laune; drop upon it all over, the eldest Candle Grease you can get; and grate some Nutmeg all over it: then apply it warm to the breast, so as the Paper may reach from the neck to the pitt of the Stomach and below it: let it remain night and day till the pain go off.

For

For Ulcers in the Breasts of Women.

Take of the Warts which grow in the inside of Horses Legs, dry them and beat them into Powder, and take a drop weight of this Powder every morning for eight or ten days, and apply nothing to the Breast (even tho' it be running) except a piece of Flannel, wherewith its to be covered during that time.

Mr. Boyl recommends this in a Cancer of the Breast; but I have known it tryed in that case without any effect: however where there are only Ulcers in the Breast, it has been found very effectual.

For Corns in the Feet.

27. Take the leaves of Houfleeck and peel off the film, or striffen that is in the inner side of the leaf; and apply as many
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of the leaves to the Corns, as will cover them well; let the leaves be fastned over the corn with a Linen Ragg, So as they may not shuffe off; and let the application be made in the morning and not at night, for then the wearing of the Shoes above them, will make the remedy the more effectual, by pressing in the Juice of the leaves into the Corns; at night you will find the Corns so softened, that you may crumble them off with your nail, at least the upper part of them, and if you renew the application for three or four days, it will take them quite away.

I can assure you there can be no better remedy, if you apply it right.

*For an Inveterat Head-
ach, and likeways for
Deafness or Difficulty of
Hearing.*

28. Take the leaves of Asarabacca, dry them with a moderat heat, and make them

them into Powder, Snuff up into your Nose three, four, or five grain weight of this Powder at night when you go to Bed. This will not at all disturb your rest, but in the morning it will occasion a running in the Nose, and thereby discharge a vast quantity of Serous matter, which will sometimes last, for two or three days less, or more.

Nota, Whoever take this Medicine, must confine themselves to their Houses; and drink no cold Liquor, but keep as warm, as if they had taken a *Purgative Medicine*: This is to be observed as long as the Nose runs.

I can assure you, from repeated experience that this is a most effectual remedy, and has taken off the most violent confirmed Head-achs, when a great many other remedies have been tryed to no purpose: And being used after the same manner, it has cured obstinat Deafnes, that would yield to no other remedy; of which I could give several Instances, if it did not favor too much of the Mountebank.

I do not find that this remedy is mentioned.

tioned by any Author, except Mr. Colbach in his *New Light of Chirurgery*, who commends it very much upon his own and others experience, in the fore-said cases.

But before I did see it in this Author, I had occasion not only to try it my self, with good Success, but to recommend it to others, and particularly to an Eminent Physician at *Chester in England*, who returned me a Letter of thanks, wherein he was pleased to say that it had don him great service; and that he had found it answer the Character I had given of it, and particularly that it had Cured a person of Quality, of an obstinat Deafness.

If need be, this Remedy, either in an Head-ach or Deafness, may be repeated once a Week for a Month together.

To preserve the Teeth sound.

29. Hold a little Bay Salt in your Mouth, under the Tongue, till it melt, and

and rubb the Teeth therewith in the morning, three or four times a week, and in the Days you do not make use of the Salt, you may rubb with the leaves of Scurvy-Grass.

For Aches and Sores.

30. Take a Pint of Strong Ale, boyle it in, till it come to the consistence of an Oyntment, with which you may Anoint the part affected.

A gentle purge for Children.

31. Take of Choise Rhuebarb, thinly sliced, four drop weight, Liquorice and Anise seed, of each one Drop weight: Infuse the same in a Chopin Bottle of ordinary Ale, let it stand twentie four hours, and let the Child take four or five Spoon-fuls in the morning, less or more,
ac-

according to the Age and strength of the
Child.

For Bleeding at the Nose.

32. Take a Plaister of Potters Clay, mixt with Vinegar, and the white of an Egg, and apply it to the Testicles. Or let the Patient that Bleedeth, chew the root of a Nettle in his mouth, but not swallow it down.

For a Pleurisie, or any other pain in the Side.

33. If it be a Pleurisie, let the Patient let Blood, and sometimes oftner than once, and then take of Oyntment of Althea two Ounces, the Oyle of Sweet Almonds half an Ounce, mix them together, and with this Oyntment warm, Anoynt the place affected, then sprinkle upon the anoynted place, half an Ounce
of

of Powder of Cumine Seed, finely
searched, then take a Colewort leaf
made hot upon Burning ashes, and A-
noynt it with fresh Butter, and lay it
hot upon the Anoynted and Pounded
place, and tye it with a cloath that it
remove not.

For Red Pimples in the Face.

34. Take the Juice of Lillie-Roots
and Vinegar of each a like quantity; and
mix them together, and Anoynt the
Pimpled Face therewith every morning,
for the space of nine or ten days.

For the Tooth-ach

35. Take an Handful of Groundvie,
as much of SpearMint, and as much
Salt, stamp them all a little together, and
put them into a mutchkin of Vinegar,
and

according to the Age and strength of the
Child.

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32. Take a Plaister of Potters Clay, mixt with Vinegar, and the white of an Egg, and apply it to the Testicles. Or let the Patient that Bleedeth, chew the root of a Nettle in his mouth, but not swallow it down.

For a Pleurisie, or any other pain in the Side.

33. If it be a Pleurisie, let the Patient let Blood, and sometimes oftner than once, and then take of Oyntment of Althea two Ounces, the Oyle of sweet Almonds half an Ounce, mix them together, and with this Oyntment warm, Anoynt the place affected, then sprinkle upon the anoynted place, half an Ounce
of

of Powder of Cumine Seed, finely
searched, then take a Colewort leaf
made hot upon Burning ashes, and A-
noynt it with fresh Butter, and lay it
hot upon the Anoynted and Pounded
place, and tye it with a cloath that it
remove not.

For Red Pimples in the Face.

34. Take the Juice of Lillie-Roots
and Vinegar of each a like quantity, and
mix them together, and Anoynt the
Pimpled Face therewith every morning,
for the space of nine or ten days.

For the Tooth-ach

35. Take an Handful of Groundvie,
as much of SpearMint, and as much
Salt, stamp them all a little together, and
put them into a mutchkin of Vinegar,
and

and boyle them well over a Fire, then strain it, and put the same into a bottle for use: take a spoonful thereof, and put it into the side of the mouth that acheth, and hold down your Cheek, that the Liquor may descend, unto the roots of the aching teeth, for some time, and spit it out.

For Redness of the Eyes.

36. Take green Wormwood, and stamp it with the white of an Egg, beaten into Water, and lay it over the Eyes, when you go to Bed, tying the same with a cloath.

For the Sciatica.

37. Take Ox Dung and Pigeons dung, of each a Pound, and mix them well together, with a Pint of white Wine, let them Boyle together until half of the Wine

Physician.

25

Wine be consumed, then strain it through a Linen Cloath, and put thereto half a pound of Honey, and twelve yolks of Eggs, mix all together with as much Barly meal as will be sufficient to make a Plaster; which is to be applyed hot, to the part affected, and renewed as there is occasion.

Another for the same.

38. Boyl Ivy, Mugwort, Walwort, and the inner Kind of Elder, in Water, with much Salt, and bath therewith the place affected, twice a day, for eight or nine days together.

For a Scald Head.

39. Take Oyle-Olive, and put it into a dish of Fountain water, and beat or stir them well together, then put it into a vessel, and add thereto powder of Brimstone, and a sufficient quantity of

F

Butter

Buster, to make an Oyntment, where
with Anoynt the sore part of the Head.

For a Pain in the Stomach.

40. Swallow three Grains of Mastick
every night for four or five nights toge-
ther at bed time.

Or Take the bigness of a ordinary Pill
of *Assa fatida*, and swallow it over.

Or take a clove of Garlick, chew it a
little, and let it over. Any of these three
are good remedies.

For Swellings of the Breast

41. Take Goats Dung, mingled with
Vinegar and Bran, and apply it as a Plai-
ster.

For the noise in the Ears.

Take Almonds & the Kernels of Peaches,
of

of each a like quantity, stamp them, and get Oyl out of them, and dip a Linnen cloath amongst the Oyl, and put it in the sounding Ear: renew this every day, for the space of nine or ten days.

For a Squinancy.

43. Take the Roots of Holy-Oak, cut into smal peices, and made clean; and take Camomel, Flowers of Violets, and Mallows of each an handful, boyl them in a sufficient quantity of water, till the water be consumed, then put to the same of Barly-meal, and Fenugreek seed well stamped and beaten, of each an handful, the Grease of an Hen one Ounce, Oyl of Camomel as much as will be sufficient to make a fit Plaister: apply this warm with a double cloath under the Chin so as it may reach from Ear to Ear.

For the Scurvy.

44. Take four handfals of Red Cab-
bag; Infuse the same in three mutchkins
of

white Wine, drink a glass of the liquor in the morning, and at four in the afternoon: repeat this and continue the use of this, for a month together: especially in the Spring or Fall.

For the Gravel, or stoppage of Urine.

45. Take two handfuls of Flowers of Camomel, Infuse them in a Chopin of Rhenish or White Wine, and digest them in hot ashes two Hours, then strain the liquor, add two Handful more of the Flowers, and digest them as before, and repeat the same the third time, but not so long as the first two times. This Decoction will taste Saltish: take two or three Spoonfulls, in a small Draught of White Wine: and, if the fit be very violent, it will not be amiss to place the Patient in a Bath of ground malt with some Hopps and Oat Straw.

For

For Worms in Children.

46. Take of Corraline, and calcin'd Harts-Horn, of each ten Grains; of Virginia Snake-weed twenty grains; make a Pouder, let the Child take a third part in the morning, as much at night, and as much the next morning, amongst a little Ale or Claret Wine.

*For Scabs, or Scald-Heads
of Children.*

47. Take Garden Cresses, and beat it up with Swines Seam: and the use of this will make the Scales fall very quickly, and cure them in a little time.

*To kill Broad and long
Worms in the Belly.*

48. Take of the Roots of female Fearn, reduce them into Pouder, give two drop weight

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weight, to the Patient amongst a little water and Honey, for three or four days together.

For the Scurvy

49. Take an handful of Water Trefoil, Infuse it in a pint of White Wine, let the Patient drink a glass of it in the morning, and as much at four in the afternoon, for a month together. An infusion of it amongst Ale, will do well enough for the Commons.

For the Gravel.

50. Take Parsly four or five Handfuls. cut it, and boyle it in half a pound of fresh Butter till it is almost crisp, then put it into a Linnen Bag, or ty up all in a cloath, and apply it to the space between the cods and the *Anus*, as hot as can be endured, keeping it there for the space of four or five hours, and repeat it it need be.

Terms

Terms to Provock.

51. Take for three mornings together, about the expected time of the Courses, a Drop weight of the Livers of Eels, dried, and reduced into Powder, in a glass of white Wine, or a little Ale.

For a Woman in Labour.

52. Take the Livers of Eells reduced to Powder, a Drop weight : give it in a glass of White or Rhenish Wine well sweetned with Sugar : there is nothing better to facilitate Delivery.

For a Strain.

53. Take the strongest Vinegar you can get, and boyle it in a convenient Quantity of Wheat; bran till you have brought

brought it to the consistence of a Pulvice; apply this as early as may be to the part affected, and renew it when it begins to grow dry.

Another for the same,

54. Take Wormwood, and pound it very well, in a stone or wooden Mortar, then put to it as much of whites of Eggs, beaten to water, as may serve to make it up into such a consistence, as may be applyed like a pulvice to the part affected.

Another for the same.

55. Make up Clay with which the bungs of Barrells are used to be stopp'd, with as much Vinegar as will bring it to the consistence of an indifferently stiff Cataplasme; then warm it a little, and apply it to the part affected.

For

*For Stiches in the Breast
or Sides.*

56. Take four or five balls of fresh Stoned-Horse Dung, and let them steep for about a quarter of an hour, in a muchkin of white Wine, in a vessel well stopped, then strain it, and give about a Gill, or a Quarter of a Muchkin of this liquor at a time, and let the Patient take care not to take cold after it.

For a Flux.

57. Take fresh Butter, boyle it gently, till a pretty part be consumed. scumm it often while it stands over the fire: let the patient take such a quantity of this melted Butter, as he can conveniently bear.

G

For

*For Moules in the Heels
of Children.*

58. Take a Turnep, rost it well under the Embers, and beat it into a poultrice, and apply it very hot to the part affected, and keep it on for three or four days, shifting it now and then as occasion requires.

For the Heart Burning.

59. Make a Syrupe of the Juice of Houfleeck & Sugar, and give about a Spoonful of it from time to time.

*For a fresh bruise or Con-
tusion.*

60. Take fresh Butter and Parsly, of each a sufficient quantity, and have-
ing

ing chopped the Herb, mix it very well with the Butter, to the consistence of a Cataplasme, which is to be applyed warm to the newly bruised part.

For the Cholick.

61. Take the yellow Peel of Oranges reduced into Powder, and give a drop weight thereof in any convenient liquor.

For an Optbalmia or Blood shot Eye.

62. Take the Juice of Housleek two parts, of the Juice of Daiesies and Groundvie one part, mix these together, and to about two Spoonfulls of the mixture, put 5 or 6 drops or guts of Clarified Honey, let the Juices first settle and then Clarifie them: of this mixture let a drop or two fall into the Eye twice a day.

To

*To stopp a violent De-
fluxion on the Eye.*

62. Take red Sage, and Rue, of each one handfull, a Spoonfull of wheate Flower, and the white of a new laid Egg, beaten into water, mix these very well, and spread them upon very thin Leather or black Silk, and cut the same into round Plainers about the bigness of a Doller, to be applyed to the Temples.

*A Drink for strengtning
the sight.*

64. Take a Chopin of Water, warme it till it be ready to boyl, put therein half an handfull of dryed Eye-bright, then let it boyl a litle, and drink the half of it warme, with a litle Sugar as they

they do Tea, in the morning, and as much in the afternoon for two weeks together.

In the year 1695. I took occasion to visite Dr. Turbervill, the famous Oculist at Salisbury; And tho' he was then 84 years of age, I observed him read small Print without the help of Spectacles, he told me freely he was in use of a long time to anoynt his eyes with his Spittle as oft as he smok'd a pipe of Tobacco, which, he said, did much contribute to the preservation of his sight.

I have prescribed this to others with good success.

*For the Pains of the
Gravel or Cholick.*

65. Take half a mutchkin of good Sallad Oyl, and as much good Sack, shake them well together, and give it moderately warm by way of a Clyster.
To

To fasten the Teeth.

66. Take a mutchkin of spring water, and a mutchkin of Brandie, wash the mouth with this mixture every morning, and twice or thrice a day besides; and in the morning, roll for a while a bitt of roch-Alome to and fro in your mouth.

For an obstinate Tumour in the knee.

67. Take a green Colwart leaf with red veins or stroaks, and having cutt the ribs flat, and almost level to the rest of the leaf, bruise it with the hest of a knife, or some such thing, and apply it to the part affected, renewing it twice or thrice a day.

For a Strain.

68. There is nothing better than to Bath the Strained part with cold wa-

ter

ter, providing the same be done at the first, and how soon ever the Strain is perceived.

For a Sore or Inflamed Throat.

69. Take an handful of the leaves of common Mallows, and six or seven good Figs, boyle them about a quarter of an hour in a mutchkin of new milk, let the Patient hold it hot in his mouth, letting it go too and fro in his mouth.

But observe, it is not good to gargle an inflamed Throat with any Liquor, as is generally (but erroneously) done, for the Gargarising troubles the Throat, and makes it the more inflamed, therefore whatever Liquor is made use of upon that account, let it be held in the mouth, so as to touch the part inflamed for some time, and then spitt out the Liquor, and renew it as there is occasion.

Ano.

40 *The Country*

Another for the same.

70. Take a sufficient quantity of Bay Salt, dry it well in a trying pan on the Fire, and put it pretty warm in the Patients Stocking which is to be tyed about his neck, and kept on all night, and if need be this may be renewed every night, till the Distemper be removed.

Another for the same.

71. Take two drop weight of Album Gracum, or Dog's white-Turd dried, and beat into Powder, mix this with an Ounce of Honey; let a little of it very slowly down the throat.

For Suppression of Urine.

72. Dissolve half an Ounce of choise
Castle-Soap, in half a Mutchkin of
white

Physician.

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white Wine, pass it through a woollen cloth, drink the half of the Liquor at a time, and the other half within some few hours thereafter, if the first do not operat well.

For fresh Wounds and Cutts.

73. Take the Juice of Celanline, and lay it to recent Wounds & Cutis instead of a Balsom.

For Deafness.

74. Drop four or five drops of womens milk as it comes from the Nipples, into the place affected.

For Wrats in the Hands.

75. Wash the Wrats with water wherein Sal Armoniack has been dissolved.

H

For

*For the Optbalmia; or
redness in the Eyes.*

76. Take the white of an Egg, and a little bit of Alom, cast the white of the Egg with the Alome till it come to the consistence of a Pultis, then put it in betwixt a fold of thin Linen cloath; close the Eye, and apply this above the lid of the Eye, renewing it often if there be occasion.

For the Heart-burn.

77. Take of Chalk two Ounces, Crabs eyes six drop weight, white Sugar four drop weight, mix all together and make a powder, take two drop weight of this powder in a draught of cold water.

For the Gravel.

78. Take an Ounce of Gromwel Seed, half an Ounce of Daucus or wild Car-

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Carrot Seed, an Ounce of Fennel Seed, and an Ounce of Anise Seeds, and pulverise them, and mix them altogether, and steep them in a Scots quart of Rhenish or white wine, then take three or four heads of Garleek, taking off the stricken from them, bruise them a little, and put them among the wine, and take three or four handfuls of red Nettle roots, wash the sand clean from them, & dry them with a Linen cloath, & put them into an Oven after the bread is taken out, and dry them in it, and reduce them into powder, and search them well; which being done take a spoonful of the said powder, putting it in half a mutchkin of the foresaid Wine, and then take a glass of the said Wine, and afterwards a hearty draught of white Ale neither too young nor too old, in the morning, fasting, and thereafter walk two hours.

In the glass of Wine which you take after the powder, take two spoonfuls of the Oyl of sweet Almonds, or good Salad Oyl.

For the Stone.

79. Take a Nutmegg and cut it into four quarters, and steep it in good Salad Oyl, 24 hours. Take a Radish Root, slice it and steep it in good white Wine; eat a quarter of the Nutmegg, in the morning, and drink a little of the Wine above it, and fast two hours thereafter.

For the Tooth-Ach.

80. Take a good quantity of Tobacco, and boyle it in a mutchkin of white Wine very strong; take a little of it hott, and hold it in your mouth till the strength of it be gon, and spit out the Phlegm, do so till the pain be past, but warm the Wine when you take it: Take heed none go over your Throat, for it will make you Sick.

For

For Dimness of the Eyes.

81. Take Rain water in the moneth of May, that hath neither touched Houfe nor Tree in the falling, and bottle it for use, and wash your Eyes therewith.

For the Canker in the Mouth.

82. Take the Juice of Plantine, Woodbind, and a little roch-Alom, Rose-water, Vinegar, and white Wine, mingle all together and wash your mouth with it.

For a Bruise or Strain.

83. Take Chickenweed, and Wheat-bran, and the grounds of strong Ale,
or

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The Country

or Vinegar, and mingle them well together, and lay it to the place affected, three or four times, being spread upon a cloath not very thin.

For Scalding.

84. Take black Soap, or gray Soap, and lay it to the fore immediatly.

For a tickling Rheum.

85. Take a sufficient quantity of fresh Beef, and a little Vinegar warmed, steep the Beef in it for a quarter of an hour, and when you go to bed, lay it to the nap of the Neck.

For the Cough and difficulty of Breathing.

86. Take a Toast of Bread, make it very

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very hot and put as much Sallad Oyle upon both sides of it, as the Bread will receive, and eat of it at Morning and Evening. This likewise keeps the belly open.

For the Canker in the Mouth.

87. Take white Wine Vinegar and Honey, of each a like quantity, and boyl them together with a little roch-Alom, & let the Patient wash his mouth therewith, as oft as need requires.

Another for the same.

88. Take Vinegar, Rose water and the Juice of Plantin, and wash the mouth therewith many times.

For stenching Blood.

89. Take a piece of Salt Beef, the
lean

48

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lean only, as much as will ly in the wound, and lay the Beef on the Embers of the fire, and let it be through hott, and thrust it in the wound, and bind it fast, thus let it ly for a good space in the wound.

A good Pectoral Drink.

90. Take a good handful of Scabeous, and let that be very well dried, & as much Ground Ivy, then take Anise Seeds, & Fennel Seeds, of each of them an Ounce; then take an Ounce of Liquorice, and pare it clean, and cut it very small, with 12 Figgs: then take all these and put them in a Quart of fair running water or else in a Quart of white Wine, to Soak for a night, then let them boyle till the one half and more be consumed, and strain it through a linnen cloth, then put a little fine Sugar to make it sweet: let the Patient drink of this, morning and evening, for the space of ten days together.

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halfs,

For Burnings or Scaldings.

91. Take the inner rind of Elder tree, and of fresh sheeps dung, of each an handful, and with fresh butter or Oyle, make thereof an Oyntment, to be applied as is usual in such Distempers,

To open the Belly gently.

92. **Boyl**, in a large mutchkin of Broth, about half an handful of common Mallows, cut small; strain it, and drink the Broth.

*For an Inflammation in the
Eyes.*

93. Take an Apple, cut it in two halves, take out all the core of each of them

them, fill the cavities with the tender tops of common Wormwood, ty the halts together, and roast the Apple well. Then beat it and the Herb together, to a kind of Pultis, and apply it warm (but not hot) above the lid of the Eye: bind it thereon, letting it ly all night.

For the pain of a hollow Tooth.

94. Take two parts of Sugar, and one part of black round Peper, both finely poudered, and mixt; put them into a Silver spoon over two or three well kindled Coals, and when the Sugar begins to melt, take off the spoon; and whilst the mixture is yet soft, form it into little grains, for size and shape suited to the part affected.

For a Sudden pain in the Ear.

95. Take of Lint or Hards, as much as will cover the Ear, then beat the
white

white of an Egg well, and spread it upon the Lint or Hards, and apply the same to the pained Ear, lying down on the opposite side: renew this as you find occasion.

For a Squinnance.

96. Take the Pouder of a Swallows nest, and Album Græcum, of each an equal quantity, mix them with honey, and apply it by way of a Plaster to the Patients Throat: and make use of the Gargarisms mentioned in some of the former Receipts.

Or, Take half a mutchkin of Plantine Water, beat it with the white of a new laid egg, then strain it, and sweeten it with white Sugar; let the Patient wash his mouth with it as often as he pleases.

It's fit in this Disease, to let Blood in the arm, and sometimes under the Tongue, or in the Jugular: you may also make use of the following Gargarism.

Take

Take

Take half a mutchkin of good Vinegar, and the quantity of a Nut of rough Alom: of red Sage, Columbine, and of Violet leaves, of each a small handful, boyle them together: about the latter end, add a spoonfull of Honey, strain the liquor, and sweeten it with a little fine Sugar: you may wash your mouth with this as often as you please.

*For the Dropsie. A remedy
used by some of the
Highlanders of this
Nation.*

97. Take a sufficient quantity of red Colewort leaves, cut them small, and boyl them in a kettle with water, with as much barley meal as will bring all to the consistence of a Pultis, or Portage as they call it, then spread a woollen blanket all over with it, in which the Patient is to be rolled from the neck

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to the foot: then he is to be put in bed: and give him a matchkin of Sack warmed, with a litle Mace and Sugar. They usually lay the Patient all night on Straw, that the ferous matter which comes from the pores may run through the Straw and not spoil their Beds. They take care that the Patient catch no cold after it, and that he be well covered with cloaths, during the time of the application.

I can say little as to this Remedy; for I never tryed it my self: nor do I think it so proper unless the Body were previously prepared; and yet I am assured by persons of good credit, that they have known several instances of the Cure performed that way in the Highlands. I shall therefore suspend my judgement about it, and leave it to the consideration of others.

For the King's evil.

98. Take the yolk of an egg, with the like quantity of Honey, Take a little

Inside Saffron, mix all with as much
flour, as will make it of the consi-
stence of a piece of Souple leaven: ap-
ply it to the sore, and let it remain three
days unremoved; renew this as often as
there is occasion

For the Gout.

99. I am of opinion, that this
Disease seldom admits of a cure; and
that repellent medicines have often
been of fatal consequence, to the mi-
serable Patient. The Gout is certainly
a crisis of nature, the morbid nature
being thereby sent to the extreame parts,
which would otherwise take up its
lodgings in the more noble appar-
tments of the Body, and like an unkind
Guest might set its lodgings on Fire,
or destroy them with water.

I am likewise of the opinion of those
who look upon the Gout, as a cure,
and not a Disease; though I must own
that it is often a very painful cure and
sometimes a fatal one.

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It's eustomary amongst the *Hollan-*
ders, when they hear of a friend seiz-
ed with the Gout, they pay a Visit to
him, and wish him much joy, have-
ing by that means got an apparent ac-
cession to the number of his years.

I shall however here insert, a Pultis,
a Fomentation, and a Plaister, made
use of with good success, by the Viscount
of *St. Albans*, which seems to me the
most rational of any I have yer met with
amongst all the pretenders to the cure
of that Disease; I cannot indeed say,
I have experience of it my self, but
you have it here set down in order, as
it is to be made use of.

The Pultis.

1. Take of manchet Loaves, the
crum or heart of the loaf only, thinn
Cut, let it be boyled in milk till it
grow to a Pulp, and add in the end
one dram and an half of the Pouders of
red Roses, of Saffron ten Grains, of
Oyl

The Country

Oyle of Roses one Ounce: let it be Spread on a Linen cloath, and applyed luke warm, and continued for three hours.

The Bath or Fomentation.

2. Take of Sage leaves half an handfull, of the root of Hemlock slyced six drams, of Briony roots half an Ounce, of the leaves of red Roses two pugills; let them be boyled in a Bottle of Water wherein Steel hath been quenched, till the liquor come to a Chopin: after the straining, put in an handful of bay Salt: let it be used with Scarlet cloath, or Scarlet wooll, dipped in the liquor hot. Renew it seven times, all in the space of a quarter of an hour, or little more.

The Plaister.

3. Take Emplastrum Diacalcithios, as much as is sufficient for the part, you

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you mean to cover. Let it be dissolved with the Oyle of Roses, till such a consistence as will spread, and stick upon a piece of Holland, and apply it.

The *Pultis*, says he, relaxeth the Pores, and maketh the humour to exhale.

The *Fomentation* calleth forth the humour by Vapours, but yet in regard of the way made by the *Pultis*, draweth gentlie, and therefore draweth the humours out, and doth draw no more to it, for it is a gentle Fomentation, and hath withal a mixture (though very little) of some stupefactive.

The *Plaiſter* is an astringent Plaiſter, which repelleth a new humour from falling. The *Pultis* alone would make the part more soft, and weak, and apter to take the deſtuction, and impression of the humour. The Fomentation alone, if it were too weak without way made by the *Pultis*, would draw furth little ; If too strong, it would draw to the part, as well as draw from it. The Plaiſter alone, would pen the humour already contained in the part, and so exasperate it, as well as forbid the new

humour. Therefore they must be all taken in order, as said is: The Pultis is to be laid too for two or three hours. The Fomentation for a quarter of an hour, and somewhat longer, being used hot, and seven or eight times repeated. The Plaister to continue on still, till the part be confirmed.

An eminent Physician of *Amsterdam* advises a drop weight of the roots of *Aristolochia longa*, in English, *Long Birthwort*, in powder, taken in a glaiss of Sack every morning for a moneth, in the Spring and Fall, as a mighty preservative from the Gout. This is a safe remedy, and they who have occasion may try it.

For the Gravel.

For prevention, take in the morning fasting, sometimes a spoonful of good Honey dissolved in a large draught of Ale: sometimes two Spoonfuls of good Salad Oyle, with half a mutchkin of good white wine.

When

When the Fit cometh, presently take this Clyster.

Take leaves of Mallows, Mercury, Pellitory of the wall, Hysope, and Cammomil, of each an handful: leaves of Senna, and Lint Seed of each halfe an Ounce. Boyl these in a sufficient quantity of Fountain water: In ten Ounces of the strained liquor, dissolve of Turpentine, broken with the yolk of an egg, eight drop weight (that is half an Ounce) of Benedictalaxativa twelve drop weight, of Catholicon for Clysters an Ounce and an half, Oyle of Rue one Ounce.

Then take two plaiden bags, filled and quilted with these following Herbs. Take the leaves of Mallows, Curled Mallows, Pellitory of the wall, Hysope, Cammomel, Sage, Balm, Mugwort, Worm-wood, and Rue of each a large handful: Anis-seed, Cumin seed, bay berries, of each an Ounce: sew them in two Plaiden baggs, and warm them thoroughly in water, and white Wine, or water alone, and wring them and apply them one after another to the part affected.

Drink

Drink white Wine Possets, or a Posset made with Garleek in white Wine or Ale.

Take all the Herbs if you can gett them, if not, take such of them as you can have.

*For Burnings occasioned
either by hot water or
Gun powder,*

101. As soon as may be take a Linen cloth doubled, and dipp it amongst Brandie & apply it to the part affected: renew this application frequently till the pain be quite over, and thereafter renew it only twice a day till the Patient be well.

This remedy is of excellent use, for it defends the part affected from Putrefaction, nor does it at all hinder the digestion of the matter.

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leaf.

For all manner of Burnings.

102. Take of fresh Butter six Ounces, new Hens-Dung, the white part of it three Ounces, leaves of Plantain cut or shred, one handfull; fry them together for a quarter of an hour, then press out the Oyntment for use. Anoynt the place affected often in a day and lay over it a fresh Plantain, or Colewort leaf.

F I N I S.

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POSTSCRIPT.

To all the Censorious.

They say: What say
they? Let them say.

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LETTER. I.

I Thank you for the notice you gave me of the use of *Merc. dulc.* in Dysenteries: I had soon after, opportunity of trying it in very obstinate cases of that distemper, (being at that time Epidemical, chiefly among the poor of our City) wherein it did me no little service.

I have also made use of it, to great advantage, in moderat *Rheumatisms*, in which I have given it, in some what larger doses than what you mentioned, so as almost to raise a Salivation, and then purged it off: Repeating it in the same manner, as there was occasion: but in neither of these Diseases have I ventured to use it, till the acuteness of the Distemper was first conquered by
Bleed-

Bleeding, and other proper evacuations. It is indeed a Medicine of excellent use for the preparing of many obstinate humours, which do not easily yield to purgation; and the use of it is much enlarged of late years, in violent Cholicks mixed with purgers (in which case I have seen a wonderful and speedy effect of it,) and almost all Diseases of the *Abdomen*, in Childrens Diseases, even some that appear acute, Worm-Fevers, &c.

I was lately called to a Woman in *White-Church*, who had for many years laboured under a violent *Flux: Menstr.* with excessive pains; she had the advice of severals, and particularly of a very ingenious Physician of my acquaintance. The common methods of absorbent and astringent Remedies, milk diet &c. had been sufficiently tryed without any effect. I prescribed her *Cinnabar Antimonij* $\mathfrak{ss}$. *cum Merc:* *d. gr. iiij.* to be taken every morning in an *Emulsion*, sweetened with *Diacodium*, for about a week together, which put her into a salivation, almost as plen-

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plentiful, and lasting, as what we commonly obtain by *Unguent*; took off her pains and *Flux*, and perfectly cured her, without any other administration.

The success of Dr. Sydenham's method in Fevers is a subject too large to be touched upon now in the end of a Letter: only in the general, his discovery of the *successive* variety of *Constitutions* for the adapting a proper method of cure, to each particular *Constitution*, are improvements for which the World will ever honour his memory.

The Fever he wrote of last, in his *Schedula monitoria* continued with us here no longer than the year 1689, at which time it was succeeded by a new *Constitution*, which we called a *Camp-Fever*, because it was first brought in among us by the Souldiers from *Ireland*. This was very different from the former, would not bear so large evacuation of any kind, yet yeelded to Bleeding, and gentle Purgation, with such methods, and with such cautions, as I have not now time to mention.

L

This

This Fever was afterwards succeeded by a Remittent (Continent or *Συρ-
σχης*,) which Reigned not above two years, always yielded to the Cortex, tho' in some cases required some previous evacuation.

To this succeeded a Fever of an *inflammatory* Character, which came in with us, about mid-Summer was two years, and still continues, tho' milder than at first, as it is in all *Constitutions*. This I cured at first, chiefly by repeated Bleeding; but since, I have substituted other refrigerative remedies, and gentle Purgation. Of each of these if you desire it, I will give you a more full account, than the present time or paper will admit.

I should be glad to know the name of the President of *Lions*, and his Book you mention. That way of Purging *per Epicrasin* I have frequently used, with great satisfaction, especially in Childrens Fevers; I never yet dared to use the *vinum emeticum* in that *Delirium* or *Coma* which comes on upon a Fever, but should be overjoyed of an effect.

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effectual remedy in these obstinate Symptoms.

I was at the *Opening* of one yesterday, who had been my Patient these five years, both in the Stone, and Gout; in which time he had come safely through many nephritical paroxysms, and assaults of his Stomach, &c. but hath for above three years laboured exceedingly under the Strangury, with purulent, and sordid Urine, of a most strong, fœtid Smell, and for a great part of this time, near one half of what did come from him that way, hath been as tough, and tenacious, as bird-lime. All that ever were informed of his case, concluded he had both Stone and Ulcer in his Bladder, and many advised him to be cut, which I always dissuaded with the greatest earnestness, and am very well satisfied now that I did so: for when we opened him we found only two very small smooth Stones in his Bladder, like pease, no appearance of an Ulcer there, but a pretty large smooth Stone in his left Kidney, and two very rough cragg'd

ones in his right, which last was ulcerated in divers places, and being opened, afforded a great discharge of *matter*. He had for about three moneths last suffered great expence of Blood by Urine, being twice also (without my knowledge) let Blood in the Arm for revulsion, which gave great advantage to the *Goutymatter*, which thereupon greatly prevailed, seized upon his Stomach & Bowels, and cast him unto a Violent and perpetual *Vomiting* and *Diarrhea*, which would neither yeild to *Laudanum*, nor any of these Remedys he had formerly found benefit by, but in a few days overpowerd his *shattered* Spirits, and put an end to all his misery. I shall be very glad to hear from you again, as soon, and as oft, as may be, and

I am

Chester.
Oct. 16. 1695.

Your, &c.

John Tyllson.

LETTER II.

I Received your obliging Letter, and its no small pleasure I take in the correspondence of so great a lover of our faculty, and one so ingenuously communicative. I returne you thanks for those excellent Remedies you are pleased to communicat to me, which I esteem the more, as having been *experimented* by your self, and shall make tryal of them here, the next opportunity. I am very fond of any improvement that can be made in the knowledge of *Simples*, whose *Vertues* I doubt not are much greater than hath yet been discovered by *Practitioners*, or recorded by *Botanists*: and our deficiency in this matter, is certainly a great hinderance to us in the cure of *Chronicall* Diseases.

As

As for the *Fever* of the present *Constitution* (which hath reigned in these parts about two years and an half) it hath plainly an *inflammatory* aspect; the Blood being always such as in *Pleurisies*, and *Rheumatisms*, the signs of Concoction in the *Urine* fallacious, and not at all to be regarded (as is usual in *inflammatory* Fevers, whose matter is *subtile* and incapable of concoction, and such a regular *Crisis* as follows thereupon, in those whose matter is more *gross* and *humorous*, upon which account I always treated it at first with repeated Bleeding, as oft as is usual in a *Pleurisie*, to which it yielded as readily as that disease usually doth. But after a while I took to this following method, which hath proved very successful all along, and I think exactly suits the *Constitution*. I begin with *Bleeding*, which I repeat, if the violence of the Disease require it, every day; sometimes to a third time, but commonly twice Bleeding is sufficient, then I give a gentle *Cathartick*, made of a Decoction of *Cassa*, *Tamarinds*, *Sen-*

24, and *Rheubarb*, in which I dissolve either *lenitive Electuary*, or *Manna*, or *Syrup* of *Roses*, or the like. This I repeat after a days intermission (or more if I see occasion) twice purging is commonly sufficient, tho' sometimes it is to be repeated to a 3d. time: Every day from the begining, except only the purging days, I give of the following pouders every 3d hour $\mathfrak{ss}$. or $\mathfrak{ss}$. at a time (less to Children) in some cooling Julip, Emulsion, Greuel, Posset drink, Barly water, or any other convenient vehicle. $\mathfrak{ss}$. *Antimon.* *Diaphoret.* *Sal-prunel.* *An.* $\mathfrak{ss}$. *Pulv.* $\mathfrak{e}$ *Chelis Cancr.* *simp. vel ocul.* *Cancr.* *Prap. vel pulv. vel test.* *Ostre-r.* $\mathfrak{ss}$. *vel* $\mathfrak{ss}$. *M. f. Pulv.* This I use purely as an alterative, without expecting any sensible *Diaphoresis* from it: for tho' one of the ingredients, be termed a *Diaphoretick*, I could never find it had any operation that way at all: But have often found it of most admirable use, in correcting the *Feverish* temper of the Blood, (whether *Acute* or *Hectical*) especially when mixt with the other pouders

men,

mentioned, or at least with the *Sal-pru-*
nella, which I take to be the most con-
 siderable of the three, and to be the
 most material and essential part of the
Composition: and have used it alone
 with like success among poor people,
 and sometimes in stead of it, a little
 pure *Nitre*. But the composition first
 mentioned, is what I generally insist
 upon; and the constant plentiful use
 of it has sometimes subdued the Dis-
 temper, where the case would not ad-
 mit of sufficient Evacuation. I have
 tryed Spirit of *Vitriol*, and other *Acids*,
 but never half so successfully as these
 cooling *Alkali's*. After each purge, as
 soon as ever it hath done working, I
 give a *Paregorick*, either of *Lauda-*
num or *Diacodium*, to compose the Ani-
 mal Spirits, and thereby (which I
 think is the most considerable effect of
 that Medicine, in this case) to restore
 that natural and plentiful (tho' insen-
 sible) perspiration, which is always
 very greatly diverted, and hindered by
 Purgings. This is a matter of greater Im-
 portance than most do consider, and I
 am

am verily persuaded that the *Delirium*
Coma, *Convulsions*, and many other ill
 symptoms that have happened in any,
 from Purging in Fevers, for want of
 the *Paregorick*, have been chiefly and
Proximate owing to the *Orgasms* and
irritations of those *excrementitious ha-*
litus, or *effluvia*, which ought to be
 duely, and constantly transmitted thro'
 the external pores, and which by Pur-
 gation are more powerfully restrained,
 than people generally suspect or ima-
 gine. And since what we commonly
 transmit this way, doth and ought to
 exceed (by far) what passes off by all
 the sensible ways of evacuation, put to-
 gether: this consideration must needs
 be of very great moment. Nor do I
 design or endeavour the obtaining of
 any degree of a sweat, by the *Parego-*
rick: for even sweating it self, tho' it
 should seem to promote, doth (as
 well as any other sensible evacuation)
 hinder the perspiration I am speaking
 of. This may seem a paradox, but its
 fully and experimentally made out,
 by *Sanctorius* in his *Statics*.

M

By

By these methods, if timely used, the Disease is, with Gods Blessing, easily and perfectly cured, and those *Cephalick* and *Neurick* symptoms prevented, which if they happen, are of much more dangerous tendency in this, than in other fevers. The *Coma*, in other constitutions, has been innocent enough, and if let alone hath gon off in a fortnight, 3 weeks, or a moneth, of its own accord (for even so long I have known it continue with safety to the patient) but that, wherever it happens in this Fever, is usually fatal, as are also a *Phrensie*, *Delirium*, and *Convulsions*. I have sometimes removed them by bleeding and such other methods as are proper to the Disease it self, but could never find any great effect of *Epsipastick* in this constitution, tho' I applied many, and to one patient no less than eleven, by four, 3 & 2 at a time. I should be extremely glad of some effectual remedy against such symptoms, but I never yet met with the man that had obtained it, in Diseases that are of an inflammatory nature, in which its

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generally as hard to remove them, as its easy to prevent them, if due care be taken in time. I have used Pigeons with admirable success in other Fevers, applying them dissected to the Feet in a *Phrensy*, alive to the *Anus* in *Convulsions* &c. But this Fever laughs at such applications.

Those Remedies of the *Dr at Lions* I should be glad to hear a further account of, but durst never yet try them upon the meanest of my patients, to whom I would never administer any thing but what I could as willingly admit my self, if in their circumstances. In this necessary piece of *Humanity* I heartily concur with one who said, he he had rather see five patients dye of their *Disease*, than one of his *Remedy*. I have been told by a very worthy person, that it was a common saying of a Physician of his acquaintance (a man of a very great name) concerning an hazardous *experiment*. Try it upon some *Vilis Anima*. but I think the qualification which *Seneca* commends in a Prince, is as necessary and commendable
in

in a Physician, *Summa parsimonia etiam vilissimi Sanguinis*, and that precept of his, worthy to be observed, *Nemo (Medico) tam vilis sit ut illum perire non sentiat*. I had designed you an account of an extraordinary case in a Pleurisie, but my paper fails,

I am

Chester,

Dec. 24. 1695.

Your, &c.

John Tyllston.

LETTER III.

MY practice hath been so much in the Countrey, from the time I received your Letter, that I have had few entire days at home, and those so taken up, partly with the business of my profession, and partly with the hurry of a remove, and the
viats

visits of Friends upon that occasion, that I have not time to recollect all the particulars I would acquaint you with; but in general, I cannot say there is any *essential* alteration in the *Constitution* of Fever, with us in these parts, since I wrote to you, however I met with great variety of Symptoms in particular subjects. The methods of evacuation are the same (where the Disease is void of malignity) and *Sal-Prunella* still useful, which sometimes I associate with *Alcalies*, and at other times with *Acids*, as I find most convenient: but the Fever often proves malignant; in which case I have found *Camphire* to be of good use, which I mix sometimes with *Sal-Prunel*. sometimes with *Bezoar-ticks*, or other *Alexipharmicks*, or *Opiates*, according as my indications lead me. *Epispasticks* I insist much upon in such Fevers, and repeat them often, if the Disease be obstinate.

I have met with some very slow lingering Fevers of the malignant kind; two remarkable instances, each of 3 moneths continuance, in which I applied

plyed between 20 and 30 blistering
Plaisters, by 2 or 3 at a time, both
the Patients recovered, tho' the case
continued doubtful, and the Disease
strangely prevalent: for the greatestt
part of that time. I make much use of
Syr. & Radic. & i Succo Limonum mixt,
which I find a good digestive Medicine
in flow Fevers, where the matter
of the Disease will not yield to the
general evacuations, and proves after-
ward of difficult concoction, in which
case I also give sometimes *ʒj.* of *Sal*
Absynthii in a spoonful of the Syrupe
of Limons, and a draught of *Ptyſan* af-
ter it. Gentle *Emeticks* I have found of
admirable use, where the Brain or
Nerves are affected, (for which I am
obliged to you, who gave me the hint,
from the Dr. at *Lions*) but I dare sel-
dom venture higher than salt of *Vitri-*
ol, or *Oximel* of *Squills*, with *Car-*
dus Posset drink; having sometimes
found a small dose of *vinum benedictum*
too strong for the Patient. Raw Beef
applyed to the feet hath often served
to good purpose, in the *Cephalick* affecti-

ons, or Pigeons timely applyed. But *Emeticks* are certainly the *Herculean* remedy in such cases. I have not yet seen the Dr. of *Lions* his Book : but I find it asserted by *Van Helmont* (as a mad man sometimes speaks a great truth) that the Stomach is the part primarily affected in these cases of malignity.

I have met with very many instances of spitting of Blood, in which (as also in bleeding at the Nose, and other *Periodical Hemorrhages*) the *Cortex Peruvianus* is a wonderful remedy, as Dr. *Marton* well advises, and many times absolutely necessary, to prevent a Consumption.

I have Cured some of a violent and plentiful *Hæmoptoe* by only Bleeding, and the *Cortex*, without any Astringent Medicine : but I mett with a case, about three Moneths ago : in which when repeated Bleeding, the *Cortex* and ordinary astringents, and *Opiates*, all failed, the Patient (a gentlewoman in this Town) continued to spit Blood for several days ; I stopt it
effe-

effectually by an excellent *Stryck*, which *Vigano*, the great Chymist of *Newmark* prepares, and sells in great quantities, and makes it a great *Ar-tunum*, having disguised it under the name of *Lachrima Martis*: but I found the preparation in the last edition of *Etmullerus* (Printed in 3 large Volumes at *Frankf. rt* 1696) Vol. 1. Pag. 449. under the title of *Tinctura Martis ad-strictoria*, its an excellent remedie in all Internal Hemorrhages, and if you have not the opportunity of consulting the Author, I will send you the prescription. I was very fond of the discovery (for I hate Concealments and Monopolies in a Faculty that is conversant about the lives of men) and the more when I found this same Medicine, to be the substance of Mr. *Colbach* his grand Secret, with which he hath made such a noise in the World, and which he sold at so dear a rate, as is very plain to any one that examines them, both by the taste and other tryals. I give 16, 18, or 20 drops of it in any proper vehicle. I have observed the Hemoptoe
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Sometimes to continue long and return often upon Women between 40 & 50 years old, after the ceasing of the *menstrua* without any dangerous consequence.

The indiscreet and promiscuous use of the Bath-Waters (now too much in vogue) hath been fatal to many. The drinking of them is very useful to some that are of a cold *Phlegmatick* Constitution, whose Blood is much enriched ther by; but as for those that have a hot fermenting Blood, that are of a *Sanguin*, *Cholerick*, or *Plethorick*, its very mischievous to them; of which I could give you many instances, that have fallen within my observation: for in such as these the *Bath-waters* put the blood upon an high ferment, and throw them into *Apoplexies*, *Pleurisies*, *Rheumatisms*, *vomiting* or *Spitting of Blood*, *Asthmas*, *Consumptions* &c. A famous instance (after many others) I met with this winter, in a person of great worth and figure in *Lancashire*, that hath been my Patient for some years. He is of a thin habit of body, and hath a *sharp*, *Cholerick* & *Spritious* Blood

N

This

This Gentleman was last Summer earnestly persuaded to the *Bath*, by some at *London*; I positively forbad it, for the reasons abovementioned, however he went and drank the Water, but from that time, his Blood took a fret, and grew very unquiet, he spat some Blood there, and was let Blood. After his return he let Blood 3 or 4 times (of his own accord) to take of the roughness, and fermenting disposition he found in his Blood, notwithstanding of which he fell into great *Orgasms* which flew out several ways successively: for 1. he was seized with a *Pleurisie*, of which I cured him at the expence of about fourty Ounces of Blood: I ordered him to Purge, in my absence, with some *Lenitives*, but that was not done to any effect, he thinking himself perfectly well; not long after he fell to spitting pure Blood, Cought up purulent matter from his Lungs, he sent for me, but bled in the mean time; I bled him again, and gave him the *Cortex* plentifully, which with some *Opiates*, and refrigerating medicines, cured the *Hæ-*

mrpic8

Isotrope; not not many days after he fell into a violent Purging, which I did not think fit to suppress suddenly (much putrid *Choler*, of a foetid sent and dark color, being discharged thereby) but only to moderate it with *Opiates*, and alteratives; which in a few days brought his stools to a natural Color and consistence. Then I repeated the *Cortex*, and tho' he was emaciated to the utmost degree, the Muscles of his temples and other parts quite wasted, his face *Hippocratical* and many other signs of an impending *Acute Pthisis*, yet by these means he recovered in a fortnights time, to admiration, and from extream weaknes, came to be able in a few weeks, to hunt every day, with which exercise I left him to finish his cure; and have ever since, I thank God, heard good tidings from him. This is a very summary account of a case, which I hope is not altogether unworthy of your notice, tho' I have not room to give you all the particulars of it, which were upon divers accounts observable.

The

[22]
The Pouder of *Asarum*, used as you
advise, hath been of of very great use
to many here, against Deafness or dif-
ficultry of hearing, particularly to the
Bishop of *Chester*: I have prescribed it to
others with good Success, and I doubt
not it may be equally beneficial in many
other *Cephalick* affections.

The hurrey of business hath rendred
this answer, to your obliging letter,
very incompoused and Prolix; for it re-
quires more leisure and composure
of thought to Write a short letter than to
write a long one but these faults I hope
you will excuse. I am

Your, &c.

Chest. Feb.

28. 1698.



John Tylston

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E R R A T A.

Page 24. line *Panula*. read *Carduus*
Benedictus Seed P. 53 l. 2d. R. half
 a mutchkin of Sack, Item l. 11. Add
 that this remedy for the Dropsie may be
 repeated twise or thrise, if it be need-
 ful, Intermitting alwayes a Fourtnight
 or three weeks, betwixt each time that
 the same is renewed.

F I N I S.

